



FIRST ARMY QUARTERLY FAMILY READINESS NEWSLETTER



"SEE FIRST – UNDERSTAND FIRST – ACT FIRST"

1 July 2007

Important Websites:

First Army:

<http://www.first.army.mil>

F&MWRC:

www.myarmylifetoo.com

U.S. Department of Defense:

www.defenselink.mil

USO: www.USO.com/

American Red Cross:

www.redcross.org/

Army Family Liaison Office (AFLO):

www.wblo.org

National Military Family

Association (NMFA):

www.nmfa.org

Army Family Team Building:

www.armyfamilyteambuilding.org

Military Child Education

Coalition:

www.militarychild.org

Deployment Link:

<http://fhp.osd.mil/>

Civilian Personnel On Line (CPOL):

www.cpol.army.mil

Army Emergency Relief: www.aerhq.org

Other websites:

www.washingtonpost.com

AKO: <https://www.us.army.mil/>

Virtual FRG:

<http://www.armyfrg.org/skins/frg/home.aspx?AllowSSL=true>

FORSCOM: <http://www.forscom.army.mil/>

Veteran's Administration:

<http://www.va.gov/>

BEV'S CORNER

Dear Family Members,

The weather is warmer and it is the season for hurricanes and tornadoes. I encourage you to watch the weather channels and seek out safety information from your local Family Program Center or Safety Offices on how you can survive the harsh weather.

First Army conducts spouse orientations to provide mission support briefings to our Family members. During these orientations, we offer a variety of information on how Soldiers are being trained and a layout of responsibility from the top down. If you have not received a First Army mission support briefing, I would encourage you to contact First Army Headquarters Family Programs and ask for one. It is amazing!!!!

Family Readiness Group Leaders---we are depending on you to provide pertinent information to the Families of our mobilized/deployed Soldiers and ask that you continue to provide feedback to us so that improvements can be made to enhance these programs..

I am so happy to welcome the newest member of our First Army Team, Melinda Riling, spouse of First Army's new Command Sergeant Major Ronald Riling. Welcome Melinda. I look forward to working with you on behalf of our Soldiers and Families.

Please keep our brave Soldiers, Sailors, Airmen, Marines, and Coast Guardsmen in your thoughts and prayers, and remember, we are stronger when we work together.

My husband joins me in wishing each and every one of you many blessings. Have a wonderful Fourth of July!

-- Beverly Honoré

Family Programs Websites

First Army: www.First.Army.mil **Family Programs:**
404-469-3665

Army: www.MyArmyLifeToo.com

Air Force: www.afcrossroads.com

Navy: www.NavyOneSource.com

Marines: www.usmc-mccs.org

Coast Guard: www.cgFamily.us



On 11 May, 2007, spouses of First Army Soldiers and civilians were invited to attend the unit's annual Orientation and Appreciation Ceremony. The orientation was sponsored by the unit's Family Readiness Group. The focus of this year's event, which was held at First Army Headquarters located at Fort Gillem, Georgia, was to provide guests with insightful and helpful information about the unit's mission as well as give thanks for their continuous dedication and support to the unit's force.

Mrs. Beverly Honoré--wife of First Army's Commanding General, LTG Russel L. Honoré, and Senior Adviser of the Family Readiness Group--welcomed and thanked guests for attending the event. Soon afterward, LTG Honoré spoke to guests about the intense training Soldiers are exposed to when they are called to active duty.

Relief Numbers and Links:

Organization/Service	Contact Information
American Red Cross	http://www.redcross.org/
Counseling Services	Military OneSource at 1-800-342-9647
Army Recruiting Command's Operations Center 24 hrs	1-800-223-3735. Voice will ask for the extension you wish to reach. That is 6-0823 or 6-0824 (voice will tell you that you must use the 6-)
National Guard Bureau Family Program Hotline	1-888-777-7731
Army Reserve Family Program (IMA & IRR Soldiers)	1-866-345-8248
Wounded Soldier And Family Hotline	1-800-984-8523

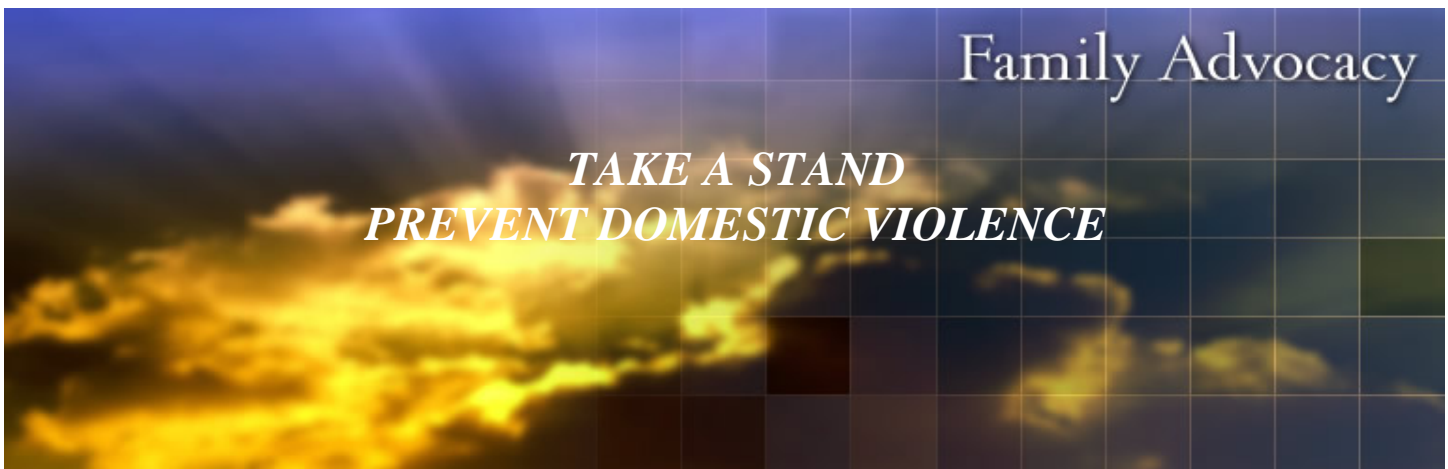
For information regarding First Army Family Programs, please contact: 404-469-3019 or DSN 797, larinza.stinnett@first.army.mil.

For Army Families Online sponsored by Army Well Being, go to <http://www.armyFamiliesonline.org/skins/WBLO/home.aspx>.

For the National Military Family Association (NMFA), go to <http://www.nmfa.org/site/PageServer>.

For My HOOAH 4 Health, go to <http://www.hooah4health.com/4life/links.htm>.

For the military mental health self-assessment, go to <https://www.militarymentalhealth.org/chooselang.asp>.



TEENS, PARENTS, AND DEPLOYMENT

**by James Holiday
Family Advocacy Program Manager**

There is a wonderful stretch of life when lots of things start happening all at once. It starts around age 13. These are our teens. They are not quite children any longer and not quite adults either. They are coping with surging hormones accompanied by physical changes and strong emotions. Their developmental task at this stage of life is to establish a sense of identity. This happens as teens form peer groups with distinct cultural features and start pulling away from their parents and becoming more independent. Most teens are embarrassed to be seen in public with their parents. While there is a great deal they need from their parents, their requests are usually in the area of material support.

Parenting teenagers has unique challenges and delights. It can be a pleasure to watch the young adult personality begin to emerge. Parents can take great pride in watching their teens develop skills and interests that will lead eventually into a particular career path. At the same time, it is a challenge to slowly let go of our children as they stretch their young wings with dating, driving, attending parties with minimal adult supervision and going out with their friends with no adult chaperone. It is a challenge to provide what teens need from parents to help them safely negotiate the path to adulthood, while protecting their growing independence.

For teens, the Family becomes something like a launching pad into adulthood. Teens are more likely to take good care of themselves when the launching pad is stable and well maintained. Families that exemplify respect for self and others, kindness, encouragement, empathy, conflict resolution through communication, and other positive social values are providing important resources for their teens as they build relationships with others. Consistency in nurture, support, rules and boundaries provides teens a resource and environment on which they can depend.

It is also important to maintain a connection with our teens even as they pull away. The connection can take a number of forms. Expressing confidence in our teens encourages them to have confidence in themselves. A genuine interest in their activities tells them that we care about them. Showing an interest in our teens' ideas and opinions, even when they differ from our own, supports independent thinking and better prepares them to stand up for what they believe against peer pressure. These things involve listening and talking. Conversations between parents and teens provide a great sense of connection. If there is an activity that you can share with your teen, this provides a connection that expresses care and respect. This may be playing tennis or golf with your teen, attending horse shows, ball games, band or piano recitals or whatever else that will provide an environment you can share together.

Military Families have a unique challenge in parenting teens. In today's world, a Soldier father or mother will spend up to 18 months away from home. A year of that time will likely be in an environment filled with the dangers inherent to war. This complicates things for teens because it disrupts the stable launching pad of the Family, makes the connection with the absent parent difficult and intensifies already strong emotions. The steady routines will change along with a redistribution of responsibilities.

Teens respond to this challenge in ways unique to each individual. Some will be very emotional. Others will suppress all emotions, especially if the stay-behind parent is having a difficult time emotionally. Some will have more difficulty in school, while others will improve. Some will want to communicate with the absent parent daily, while others will want to communicate very infrequently. Some will express their distress in behavioral ways.

The good news is that there are many support services available for Families to help ease the challenge and increase the chances that it can be a growing experience for all. Technology eases the communication problem. Added to snail-mail is e-mail and web based programs like Virtual FRG and AKO unit web services. Many organizations provide free telephone cards. Other support services help teens manage their feelings and issues. Purple camps are available during the summer. Some teens find that physical activity helps them take their minds off their distress and relax. Many FRGs are providing special support meetings for teens where they can get together with other teens who have a parent deployed. Operation Military Kids helps schools develop programs that promote understanding and support for military children. Some teens turn to their friends as a source of emotional support, although they are less likely to talk with teens who are not in military Families. Some teens turn to extended Family members. For teens who need more professional help to cope with feelings and issues, Military OneSource and TRICARE can provide behavioral health services. To listen to what teens say about the experience of a parent deploying, go to <http://www.aap.org/sections/unifserv/deployment/ysp-resources.htm>.

Deploying a parent into a combat zone is difficult for all. There is no way to take away the pain of missing dad or mom or the fear associated with war. There are ways of sharing your challenge with the larger community of people who care.

-- For more information on Operation Military Kids, go to
<http://www.operationmilitarykids.org/public/home.aspx>..

-- Commanding officer's online training in the Army Family Advocacy can be found at
<https://codvt.dod.mil/public/>.

Kids Corner

*To be in your children's memories
tomorrow, you must be in their lives today*

FUN WITH BOOKS

Encouraging young children to develop language skills will produce dividends for the future and can be a lot of fun. An important motivation for children is that they like to imitate adults. When you take your child to the book store or library and help him or her pick out a book, get one for yourself too. Let your child see you read. Then talk with them about what you are reading in language appropriate for your child's age and interests. Ask your child questions about his or her book.

Another great motivator is to help your child build a library. With your child's help, pick out a special place and set up a bookcase. This may be one that you build or buy but make sure you decorate it to reflect your child's interests. It may be cars and trucks, or animals or fish or characters from his or her favorite books. The next step is to collect books. This is something you and your child can do together. Visit yard sales, flea markets, book stores, library sales or other places where you can find books. You may wish to help your child arrange them in some order or groupings. This could be books about animals, books about people or books in a series. As children grow, the books they collect will change to reflect their age and changing interests.

Finally, there are lots of fun activities in which parents can participate with their children. Here is one that helps develop creativity and imagination. Pick out a wordless book – one that just has pictures. Ask your child to describe what is happening in each picture. Then help your child make up a story based on the pictures. Once the story is developed, your child can retell the story to friends or other Family members. As children grow older, they can create their own wordless books using drawings or taking pictures from magazines or from your digital camera.

There are lots of other great activities that you can do with your children. Take some time to think of something that will work well for you and your child.

National Public Radio recommends books for summer reading:

<http://www.npr.org/templates/story/story.php?storyId=11260800&ps=bb3>

NEW INITIATIVES that you want to know about!!

The New Operational Reserve. In past years, the Reserve Component was used as a “strategic reserve” and was there to provide support to the Active Component forces in the event of major combat operations. This is no longer a suitable plan. Nearly half of the Reserve Component has been mobilized to support ongoing missions to include the Global War on Terrorism. The new Reserve Component will have an operational role. What this means is that it will be trained and equipped to support operational missions in the same manner as the Active Component. Individuals and units will fulfill missions across the full spectrum of operations in a cyclical manner. This will provide predictability for service members and their Families and employers. Soldiers can expect to be mobilized and/or deployed for one out of every six or seven years.

Integrated Multi-Component Family Support Network. This program is being developed through the coordinated efforts of Family and MWR, Army National Guard, and U.S. Army Reserve. The goal is to synchronize the Family support programs of all components and develop a delivery system that will meet the diverse needs of Families of Active and mobilized Guard and Reserve Soldiers who are geographically dispersed. In 2005 Office of the Secretary of Defense (OSD) funded a pilot project to test the concept. The result indicated that this can be an effective program and so the Army has moved forward with it. The plan for this year is to develop policy and procedures, training support packages, technology systems, and staffing and funding requirements. Next year, implementation is to begin.

Battle Mind Training. Battle Mind Training is a HOT new program that has really caught on. It faces the issues directly and talks in the language military folks are used to. There are programs for leaders, for Soldiers and for spouses that are appropriate for different phases of the deployment cycle. The pre-deployment program for spouses includes **B**onds (Social Support), **A**dding or Subtracting Family Roles, **T**aking Control, **T**alking it Out, **L**oyalty and Commitment, **E**motional Balance, **M**ental Health and Readiness, **I**ndependence, **N**avigating the Army System, and **D**enial of Self (Self-Sacrifice). For more information go to the Army G1 Web Page at <http://www.armyg1.army.mil/dcs/default.asp>.

Virtual Family Readiness Group (vFRG). The Virtual Family Readiness Group web system was launched Army-wide in February 2006, so it is not new. However, it is continually being upgraded and expanded based on developing needs from the field. Commands can complete the application by going to www.armyfrg.org. Once authorized, DefenseWeb Technologies will work with the command to establish a web site based on specified needs. Once all the content is submitted, the command can have a functional web site within two weeks. Training is available every Tuesday. When you register for a web page, sign up on line.

The system continues to be upgraded and bugs worked out so it is getting better and better. For questions and answers, go to the web page. For an answer to the question, “Why should I use the Army FRG.org vFRG site?” Family and MWR Command reports that the site provides all of the functionality of a traditional FRG within a virtual community to meet the needs of geographically dispersed units and Families across all components of the Army. This system is provided by Department of the Army to all units, without cost to the unit, and offers more Army-specific functionality than any other system. It gives ultimate responsibility for its oversight to unit commanders, giving them the ability to facilitate the exchange of information and a sense of community. The system supports the telephone tree, FRG minutes, a store, online training, photos, a training tracker, postcards, Family contact information, document sharing, a mentoring program, instant messaging capabilities, forums and discussion groups, a kids and teen area, and a chaplain area. If your unit has been alerted, submit your application today.

Child Care Initiative. The National Association of Child Care Resources and Referral Agencies (NACCRRA) is working with Department of Defense and local resources and referral agencies to help those who serve in the military find affordable child care that suits their unique needs. This initiative includes providing Families of severely injured military members with assistance to find and pay for safe, licensed child care services for a period of six months during their period of recuperation. For more information, go to <http://www.naccrra.org/MilitaryPrograms/index.php>.

Any Soldier, Inc. This program started in 2003 as a Family effort to help Soldiers of a particular unit. It quickly became popular, and a flood of requests came in. Therefore, in 2004, it was expanded to include any member of the Armed Forces serving in a war zone. Just getting letters means the world to service members serving in harm's way (Military.com newsletter, March 6, 2007). For more information, go to <http://www.anysoldier.com>.

Job search and career coaching. A new free service has been added to the Military.com web page. Military spouses who are eligible can obtain help in job searching and career counseling provided by IMPACT Group. This group is a St. Louis-based career management firm. The service includes career self assessment, goal setting, resume assistance, identification of opportunities, how to provide an effective interview, negotiating, and career mobility (Military.com newsletter, March 6, 2007). To make use of this service, go to <http://www.Military.com/Spouse>.

Spouses to Teachers. Spouses to Teachers is a Department of Defense initiative designed to help spouses of active duty and reserve military members become public school teachers. For more information, go to <http://www.spousestoteachers.com/>.

FIRST ARMY SENIOR FRG VTC

WITH MRS. HONORÉ

12 September 2007

Deployed and Mobilized Unit News

Under the direction of Lieutenant General Russel Honoré's First Army Family Readiness initiative, all mobilized and deployed units must have AKO and Military OneSource accessible Family readiness websites.

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Employment Information For Veterans

First Army Welcomes You and Your Families to Our Employment Information Webpage!

Here you will find job opportunities and information for those who are looking to continue their military career or those that are interested in transitioning into a civilian career. This website will provide you with information and a list of employers from all around the country who are interested in providing employment opportunities for veterans. Please click on the link: <http://www.first.army.mil/employmentInformation.htm>

If you are a new employer and would like to provide employment opportunities for Army personnel transitioning to civilian careers, email your contact information to: AFKA-PA@first.army.mil. In your email please provide the following information: company name, point of contact name, point of contact title, mailing address, phone number, fax number, email address, and internet address (if applicable) to the website that displays veteran's employment information.

If you are military or civilian and looking for work, just follow the appropriate links to find employment opportunities. Military can explore Army JROTC, ROTC, and Operation Warrior Training Program. Civilians can explore Army Career Alumni Program (ACAP), Army Wounded Warrior Program (AW2), and Civilian Personnel on Line, USA Jobs, Veterans of Foreign Wars Employment Service, and various civilian employers.



How the Fourth of July was designated as an "Official" Holiday

The United States observes no national holidays, that is, holidays mandated across all 50 states by the Federal government. The United States Congress and/or President can only legally establish an "official" holiday for its "federal" employees and the District of Columbia. States and municipalities are free to adopt holidays enjoyed by the federal government or to create their own. This can be accomplished in several ways, either through enactment of a law issued by a state legislature or by an executive proclamation, that is, by order from a state governor. As an act of confirmation, it is possible as well that a city may enact an ordinance regarding the celebration of the Fourth of July or any other holiday. As stated in the *World Almanac* (1998, p. 315); however, "in practice, most states observe the federal legal public holiday." The first "official" state celebration of the Fourth as recognized under resolve of a legislature occurred in Massachusetts in 1781. Boston was the first municipality (city/town) to officially designate July Fourth as a holiday, in 1783. Alexander Martin of North Carolina was the first governor to issue a state order (in 1783) for celebrating the independence of the country on the Fourth of July. In 1870 the first federal legislation was passed giving federal employees a "day off" from work, but without pay.

In 1999, July 4th fell on a Sunday and when certain towns opted to celebrate on July 3d, protests were heard. In Mesa, Arizona, where the Sertoma Club has staged an annual fireworks show for the last 35 years, they moved the event to Saturday causing hundreds of complaints. The Club "cited poor turnout and the reluctance of its Mormon members and volunteers to work when the holiday falls on a Sunday." In Fairfax, Virginia, the parade and fireworks occurred on Saturday because it would have been difficult to get volunteers to work on Sunday. In Rockledge Borough, Pennsylvania, town officials held the city parade on Saturday in respect for Sunday church services. Some residents were angry about that.

CHAPLAIN'S BLESSING



WHAT GOES AROUND COMES AROUND

His name was Fleming, and he was a poor Scottish farmer. One day, while trying to eke out a living for his family, he heard a cry for help coming from a nearby bog.

He dropped his tools and ran to the bog. There, mired to his waist in muck, was a boy screaming and struggling to free himself. Farmer Fleming saved the lad from what could have been a slow and terrifying death.

The next day, a fancy carriage pulled up to the Scotsman's sparse surroundings. An elegantly dressed nobleman stepped out and introduced himself as the father of the boy Farmer Fleming had saved.

"I want to repay you," said the nobleman. "You saved my son's life."

"No, I can't accept payment for what I did," the Scottish farmer replied, waving off the offer. At that moment, the farmer's own son came to the door of the family hovel.

"Is that your son?" the nobleman asked.

"Yes," the farmer replied proudly.

"I'll make you a deal. Let me take him and give him a good education. If the lad is anything like his father, he'll grow to be a man you can be proud of."

And that he did. In time, Farmer Fleming's son graduated from St. Mary's Hospital Medical School in London, and went on to become known throughout the world as Sir Alexander Fleming, the discoverer of penicillin.

Years afterward, the nobleman's son was stricken with pneumonia. What saved him? Penicillin.

The name of the nobleman? Lord Randolph Churchill. His son's name? Sir Winston Churchill. (Credit: Jan Priddy, Precept Ministries Newsletter)

"What goes around comes around." Christ said it another way: "Give, and it will be given to you" (Luke 6:38).

Every healthy Family-and Family Readiness Group-is built upon giving. A listening ear, a helping hand, an hour of our time-these are the gifts that often mean the most to those in need.

I am so proud of our Army Families. May God bless and keep each one. Within our Families and our units, remember, "What goes around comes around."

Chaplain (Colonel) James A. DeCamp
Reserve Component Chaplain Integrator, First Army

FIRST ARMY

Family Programs Division

UPCOMING EVENTS

4 July 2007:

Independence Day

3 September 2007:

Labor Day

9 September 2007:

Grandparent's Day

11 September 2007:

Patriot's Day

23 September 2007:

Autumn Begins

Web Resources

First Army Family Programs web site:

<https://www.1anet.army.mil/SERRC/NewMCFSP/index.asp>

For more information please call: 404.469.3019

or email us directly at: larinza.stinnett@first.army.mil

OPERATION *New Life*

In May 2005, Mrs. Beverly Honoré, First U.S. Army Senior Spouse, launched a Family Readiness Program video teleconference (VTC) with Army National Guard and Army Reserve Family care providers to hear first hand how Families are handling deployment and what care providers are doing to assist them. This new initiative (the first of its kind) has been a real success. The participation level of the Family Readiness VTC has grown from 5 units to 13 units within three months.

Since Hurricane Katrina, Mrs. Honoré conducted a teleconference with Camp Shelby Family Readiness Group (FRG) leaders. The information shared by Camp Shelby FRG included what is being accomplished to assist displaced Families. Camp Shelby FRG requested First Army's support for six Families (two Families with homes totally destroyed and four Families with homes in need of extreme repairs). A final number of displaced Families have not yet been identified. Mrs. Honoré's involvement demonstrates how important Families are to this command. Her goal is to have displaced military Families tracked from the day a problem is identified until the quality of life has been reestablished.

In the aftermath of Hurricane Katrina, Mrs. Honoré has been personally involved and is working diligently to ensure a notification process is in place regarding the status of each military Family affected. Specifically, what happens after Families are identified and how we will ensure these Families are on the right track to reestablishing their quality of life. Through OPERATION NEW LIFE, Families will be able to obtain information to help acquire a new perspective regarding Family needs and get linked into community resources that will help to improve current situations.

First Army Operations Center Hotline: 1-800-496-6286

(staffed 24 hours a day)

Military One Source: www.MilitaryOneSource.com (user ID: army password: onesource) / 1-800-342-9647

To order Military One Source information directly to your facility, please call: 1-877-201-4253

